

FITNESS CENTER CALENDAR NOVEMBER

ALL FITNESS CLASSES HAVE A DURATION OF 60 MINUTES & HELD AT MAIN FITNESS CENTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



CAC/Proximity Card Based Entry System
EGLIN FITNESS & SPORTS
ACCESS



DoD Dependants
Ages 13 -17 Eligible!
SCAN HERE
24/7 Registration
Locations & Times

MAIN FITNESS • FIELD HOUSE • LIGHTNING FACILITY • REGISTER in-person for EACH Location!

4

10 AM AWW (Ages 60+)
11 AM FIP/GPP
11:30 AM Cycle Club*
2 PM FIP/GPP
4 PM Zumba® (\$)
5 PM Yoga (\$)
6 PM Dance Fusion (\$)

5

9:15 AM HIIT(\$)
10 AM TTLL
11 AM FIP/GPP
11:15 AM Yoga (\$)
11:30 AM Cycle Club*
2PM FIP/GPP
3PM F.I.T.
5 PM Zumba® (\$)

6

10AM AWW (Ages 60+)
11 AM FIP/GPP
12:30 PM F.I.T.
2 PM FIP/GPP
3 PM TTLL
4 PM Zumba® (\$)
5 PM Yoga (\$)
6 PM Pilates (\$)

7

9:30AM Zumba® (\$)
10 AM TTLL
11 AM FIP/GPP
11:15 AM Yoga (\$)
11:30 AM Cycle Club*
2 PM FIP/GPP
3 PM F.I.T.
4:30 PM CIRCL Mobility™(\$)
5 PM Zumba® (\$)
6 PM Yoga (\$)

8

AFMC FAMILY DAY

11

VETERANS DAY
HONORING ALL WHO SERVED

12

9:15 AM HIIT(\$)
10 AM TTLL
11 AM FIP/GPP
11:15 AM Yoga (\$)
11:30 AM Cycle Club*
2PM FIP/GPP
3PM F.I.T.
5 PM Zumba® (\$)

13

10AM AWW (Ages 60+)
11 AM FIP/GPP
12:30 PM F.I.T.
2 PM FIP/GPP
3 PM TTLL
4 PM Zumba® (\$)
5 PM Yoga (\$)
6 PM Pilates (\$)

14

9:30AM Zumba® (\$)
10 AM TTLL
11 AM FIP/GPP
11:15 AM Yoga (\$)
11:30 AM Cycle Club*
2 PM FIP/GPP
3 PM F.I.T.
4:30 PM CIRCL Mobility™(\$)
5 PM Zumba® (\$)
6 PM Yoga (\$)

15

10AM AWW (Ages 60+)
11 AM FIP/GPP
11:30 AM Cycle Club*
2 PM FIP/GPP

18

10 AM AWW (Ages 60+)
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19

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20

10AM AWW (Ages 60+)
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5 PM Yoga (\$)
6 PM Pilates (\$)

21

9:30AM Zumba® (\$)
10 AM TTLL
11 AM FIP/GPP
11:15 AM Yoga (\$)
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3 PM F.I.T.
4:30 PM CIRCL Mobility™(\$)
5 PM Zumba® (\$)
6 PM Yoga (\$)

22

TURKEY TROT 5K
7AM START
CE PAVILION
*FREE T-SHIRTS
*While Supplies Last
11:30 AM Cycle Club*

25

10 AM AWW (Ages 60+)
11 AM FIP/GPP
11:30 AM Cycle Club*
2 PM FIP/GPP

26

10 AM TTLL
11 AM FIP/GPP
11:30 AM Cycle Club*
2PM FIP/GPP
3PM F.I.T.

27

10AM AWW (Ages 60+)
11 AM FIP/GPP
12:30 PM F.I.T.
2 PM FIP/GPP
3 PM TTLL

28

HAPPY THANKS GIVING

29

AFMC FAMILY DAY

■ = \$7 Drop in Class Fee *Not an Eglin F&S Program. No Classes held on Federal Holidays or AFMC Family Days.
Subject to change without notice. Current as of 10-17-24.



Main Fitness Center (Bldg 810) 850-882-6223
Fitness Group Contract Manager 850-603-1910